

# Eagle's Landing Diabetes & Endocrinology

## Prevention of Type 2 Diabetes: Patient-Friendly Explanation

Preventing or improving Type 2 diabetes is achievable through lifestyle changes, including a healthy diet, weight management, and regular exercise. These steps can help control blood sugar levels, improve insulin sensitivity, and support overall health.

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### Role of Diet in Preventing Diabetes

1. **Balanced Diet:**
    - Include whole, unprocessed foods like vegetables, fruits, lean proteins (e.g., chicken, fish, tofu), healthy fats (nuts, seeds, olive oil), and whole grains.
    - Ensure meals are high in fiber, as it slows glucose absorption and stabilizes blood sugar.
  2. **Reduce High Glycemic Index (GI) Foods:**
    - High-GI foods cause quick blood sugar spikes. Examples include white bread, sugary cereals, sodas, and candy.
    - Replace with low-GI options like:
      - **Whole grains:** Brown rice, quinoa, whole-wheat bread.
      - **Non-starchy vegetables:** Spinach, broccoli, bell peppers.
      - **Fruits:** Berries, apples, and oranges.
  3. **Calorie Reduction Guidelines:**
    - For gradual weight loss, aim for a calorie deficit of **500–750 calories per day**.
    - Typical daily calorie intake for weight loss:
      - **Women:** 1,200–1,500 calories/day.
      - **Men:** 1,500–1,800 calories/day.
    - Work with a dietitian or healthcare provider to customize your calorie goals.
  4. **Limit Processed Foods:**
    - Avoid foods high in added sugars, unhealthy fats, and salt (e.g., chips, cookies, frozen dinners).
    - Replace with whole, fresh foods to reduce unnecessary calorie intake.
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### Role of Weight Reduction

- **Why It Matters:** Excess weight, particularly around the abdomen, increases insulin resistance.
  - **How Much to Lose:** Losing just **5–10% of your body weight** can significantly improve blood sugar levels and reduce diabetes risk.
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## Role of Exercise in Preventing Diabetes

1. **Why Exercise is Important:**
    - Physical activity improves insulin sensitivity, burns calories, and helps maintain a healthy weight.
    - Exercise reduces belly fat, which is linked to insulin resistance.
  2. **Guidelines for Activity:**
    - **Aerobic Exercise:**
      - Aim for at least **150 minutes per week** of moderate-intensity activities like brisk walking, cycling, or swimming.
      - Spread this out (e.g., 30 minutes on 5 days per week).
    - **Strength Training:**
      - Do muscle-strengthening activities (e.g., lifting weights or yoga) at least **2 days per week**.
    - **Steps Per Day:**
      - Aim for **7,000–10,000 steps per day**. If you're just starting, aim to gradually increase your steps by 1,000 each week.
  3. **Daily Movement:**
    - Add physical activity into your day:
      - Take the stairs instead of the elevator.
      - Park farther from entrances.
      - Stand and stretch every 30 minutes if you sit for long periods.
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## Key Takeaways

1. **Diet:** Focus on whole, unprocessed, low-GI foods and reduce calories for gradual weight loss.
2. **Weight Loss:** Losing **5–10% of your weight** can improve insulin sensitivity and lower diabetes risk.
3. **Exercise:** Aim for at least **150 minutes per week** of aerobic activity or **7,000–10,000 steps per day** to support weight loss and improve blood sugar levels.

By following these guidelines, you can lower your risk of Type 2 diabetes or improve your condition if you already have it. Consistency is key, and even small changes can make a big difference over time.